

Thursday
DECEMBER 31, 2015

★ FREE ★

A Chicago Tribune
publication

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your best
lip forward
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CHICAGO

We'll be back
on Monday,
just in time for
your holiday
hangover.

2016

LET'S



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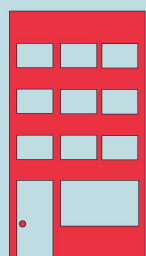
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DO
THIS

READY TO MAKE SOME CHANGES,
BIG OR SMALL, TO IMPROVE YOUR LIFE?
NEW YEAR. NEW YOU. GET BUSY.



PODCASTS

Plug in and
dominate your
New Year's
resolution
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new year, new you

HAPPY NEW YEAR, READERS!



Morgan Olsen

» mcolsen@redyechicago.com
» @morgancolsen

New Year's resolutions. Sure, I've made them in the past, but I can't remember keeping one longer than two weeks. The interesting thing about Jan. 1 is that many of us relish the fresh start—a new 366 days (leap year!) to get a better job, eat healthier and hit the gym—but we then stress out under the pressure of those lofty new goals.

Here at RedEye, we're challeng-

ing you to be a better, happier you in 2016. I promise you don't have to lose any weight or learn a new language. Rather, we have simple suggestions for improving your life as you make your way through the year. No deadlines, no huge commitments. Heck, you can do some of these things on your commute or from the comfort of your couch.

From a Netflix bucket list and podcast bible to pledges we can all make to improve Chicago, we're dedicating this issue to you. And hey, we won't dock points if you make a few bad decisions tonight. Happy New Year!

From a Netflix bucket list and podcast bible to pledges we can all make to improve Chicago, we're dedicating this issue to you. And hey, we won't dock points if you make a few bad decisions tonight. Happy New Year!

Cheers,

Morgan Olsen

Morgan Olsen
Eat & Drink and Lifestyles Editor



redyechicago.com

General Manager:
Maggie Wartik, @mwartik

CONTACT US
Newsroom: 312-222-4970
redye@redyechicago.com

Advertising: 312-527-8077
advertisingredye@tribune.com

Classifieds: 312-222-2222

Circulation:
redservice@tribune.com

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MAKE CHICAGO BETTER

By **Leonor Vivanco, Heather Schroering and Annie Cercone** | REDEYE

As we exit another season of goodwill and enter the even shorter season of “resolutions”—weight loss, organizing our pads and saving money—there is also a sense that we can and should do more to make Chicago, the place we call home, a better place for all to live.

After all, we see almost daily headlines about crisis, people in need in our city, the historic racial and socioeconomic drivers that have gotten us to this place, and we wonder, “Is there a solution?” and “What can I do about it?”

So instead of looking at reports and data—the ones we’ve already read about—we did some soul-searching and reached out to fellow Chicagoans to get their take on making the city we live in a better place to live, work and play. REDEYE@REDEYETCHICAGO.COM | [@REDEYETCHICAGO](https://twitter.com/REDEYETCHICAGO)



THE WHEEL POWER TO CHANGE

“Chicago and really the world at large would be a much better place if people rode bikes to get around. I think if you have a bicycle you can be part of that,” said Alex Wilson, 45, founder and executive director of West Town Bikes, a nonprofit focused on promoting cycling.

His organization offers free bike programs to more than 1,000 youth per year on bike maintenance and repair, safe cycling, health and wellness, and environmental and social responsibility. For example, the organization started an after-school program with six schools near The 606 path to introduce them to biking in the neighborhood and to help instill a sense of ownership of the trail.

Wilson uses bikes as a tool to help build community and teach a lesson on how to accomplish goals by taking simple steps. If children are taught to fix and ride bikes, they can ride to school or have a job opportunity, he said. They go on field trips riding to colleges and universities, exposing students to different campuses that are accessible.

Cyclists can discover the city in ways they wouldn’t otherwise if driving a car, he said. They might choose a more comfortable route than the fastest and shortest way.

“If I’m on a bike, I’m more likely, more prone to get off the beaten path and go more deeply into Chicago neighborhoods,” Wilson said.



LISTEN UP

“Go out, start a conversation with someone who you think is completely different from you and, most importantly, listen,” said Bear Bellinger, an actor and bartender who calls Logan Square home.

Chicago “prides itself on being a city of neighborhoods” and a place where we can “find our niche,” he said.

“The drawback is that it sometimes makes us forget how to interact and empathize with those whose lives don’t match up neatly with our own. We can insulate ourselves with like-minded people,” he said. “You’re a pharma-bro from Wrigley? Ask the Latina grandma if she needs help getting

her groceries inside and how long she’s lived in the city. ... You’re a Logan Square hipster? Boystown all-star? Strike up a conversation with the annoying dude on the ‘L’ playing his music for everyone to hear. What’s he listening to? What does he like about it? Why does he want everyone to hear it? Get to know the different people around you who we all overlook on a daily basis.”



TRUCK IT

Restaurateur and beer brewer Greg Shuff thinks Chicago could be better with less restrictive food truck laws, allowing small businesses to flourish.

“I’m very much a free market kind of guy, and I hate to see restriction put in the way of potential innovation,” said Shuff, 28, of Lakeview and owner of the newly opened Corridor, a farmhouse ales-focused brewpub. He doesn’t buy into the argument that food trucks have advantages that could threaten brick-and-mortar establishments. “I think if a food truck can put me out of business, I was about to go out of business anyway. It’s a cool avenue to deliver food to people, especially the folks who work in the downtown areas.”

He also bikes quite a bit and thinks the city should have a more fluid process for adding bicycle parking. “Car parking is always going

to be a challenge, so there’s a lot of conversation about [biking more]. We should not restrict resources to accommodate that.”



BREW KINDNESS

Gabriel Magliaro, co-founder of Half Acre Beer Company, has been serving Chicago on the beer front since 2006. He says giving back to the community is important to him, and earlier this year he collaborated with his alma mater, the School of the Art Institute of Chicago, on a 150th anniversary beer.

The 37-year-old Ravenswood Gardens resident has simple advice about how we can make Chicago a better place to live: “Take it easy, be decent to each other, don’t get lost in your own bull[bleep], and a little buzz is a real good thing.”



THINK GREEN

“Medical marijuana in all forms, but especially edibles, is like the new Robitussin or Advil,” pastry chef and HotChocolate owner Mindy Segal said.

Though sweet treats are a good start to boosting spirits, the James Beard Award winner and author of “Cookie Love,” published earlier this year, announced this month that she’s agreed to create a cannabis-infused edibles line for medical marijuana patients for Cresco Labs.

“We can make Chicago better by providing a really great, consistent product for people that are sick and need to feel better through medical marijuana edibles,” Segal said. “But how we really can make Chicago better is by legalizing marijuana and using the tax money to get the city and the state out of debt.” Preach, sister.



Go out, start a conversation with someone who you think is completely different from you and, most importantly, listen.”

—Bear Bellinger, Logan Square

new year, new you health

HOW TO ENJOY FOOD THIS YEAR

PLEASURE OVER PLENTITUDE

ANTONIO PEREZ/TRIBUNE

By Ellie Krieger | THE WASHINGTON POST

The glorious bounty of food that surrounds us during the holidays makes the season a celebration. From cheese plates, party dips and turkey dinners to chocolates, cakes and cookies, it is a time when pleasure and indulgence rule. Many embrace the bacchanalia wholeheartedly and banish thoughts about health until Jan. 1, while others struggle to forgo the deliciousness to stay on the right track. But the idea that you have to choose between pleasure and wellness is untrue. There is a wealth of evidence that focusing on food's sensual pleasure can help you find a healthful balance.

Anticipate enjoyment

It turns out that simply imagining the pleasure of those butter cookies before reaching for them could help prevent you from gobbling too many. In a 2014 study done at INSEAD, a business school founded in France, researchers found that people who were asked to vividly imagine the taste, smell and texture of an indulgent food, such as chocolate cake, before being offered some ultimately chose smaller portions of that food and enjoyed it at least as much as those who didn't think about the food before eating it.

Another study, this one from Brigham

Young University, concluded that thinking about a food activates sensory memories of the eating experience that provide a measure of satisfaction; the subjects didn't need to consume as much to feel content.

So before you get to a party, try imagining the goodies you expect to find there. Conjure the aroma, texture and how they will look and taste. Think about their preparation and how they'll be served. You could pore through photos from cookbooks or previous parties to help make your image more complete. You might find satisfaction without stuffing yourself.

Slow down and savor

To get the most pleasure from food, slow down instead of shoveling it in mindlessly. Employ all of your senses to fully experience it and how it makes you feel. Before you eat, take in the food with your eyes, appreciating its colors, textures and presentation, and inhale and enjoy its appealing aroma.

Approaching food in this way not only produces more pleasure as you eat, it also helps temper your pace and allows you to consume less overall. Studies show that when people eat more slowly, they tend to take in fewer calories and feel just as satisfied. According to a study in the *Journal of Clinical Endocrinology and Metabolism*, this may be, at least in part, because slower eating produces more gut hormones associated with feelings of fullness.

Slowing down not only boosts the pleasure of food, it also helps you to continue to feel good afterward because you are less likely to overeat and be uncomfortable. And besides, chewing well makes the whole digestive process run more smoothly.

Take some, then take a break

A key thing for food lovers to remember is that the hedonistic pleasure we get from a particular food doesn't increase with bigger portions.

Rather, we experience something scientists call "sensory-specific satiety" where after eating something for a while our enjoyment of it diminishes.

To get the maximum pleasure per bite, it's best to go for a small portion and pause for a few minutes after eating to let it register completely that the craving has been quenched.

So to reap the most joy from food without going overboard, take a moment to anticipate and imagine eating your favorite treat, serve yourself a small portion of it and savor every bite. Then sit back, relax and let all that pleasure sink in.

KRIEGER IS A REGISTERED DIETITIAN, NUTRITIONIST AND AUTHOR. SHE BLOGS AND OFFERS A BIWEEKLY NEWSLETTER AT ELLIEKRIEGER.COM. SHE ALSO WRITES WEEKLY NOURISH RECIPES IN THE WASHINGTON POST'S FOOD SECTION.

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STRAIGHTEN UP

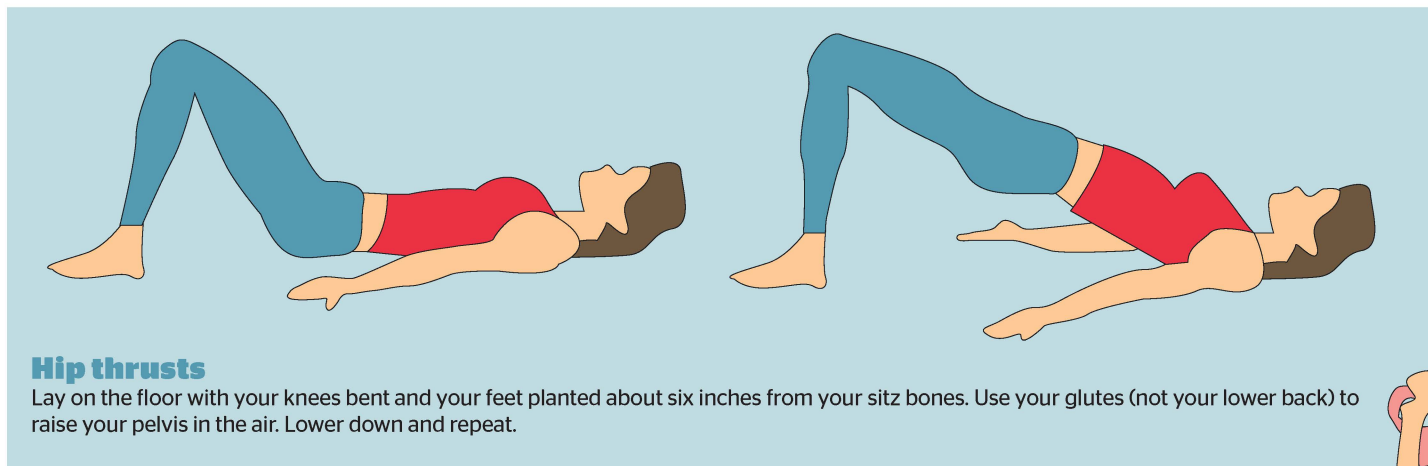
IMPROVE YOUR POSTURE WITH THIS EASY WORKOUT ROUTINE

By **Lenny Gilmore** | REDEYE

If you're anything like me, you probably spend far too much time hunched over a computer while you're working, playing and doing everything in between. Even right now, you might catch yourself straightening up while you read this on the train or in your cubicle. So many of us suffer from terrible posture due to our computer-centric lifestyles.

I reached out to personal trainer and Logan Square resident Alex Costello, 27, to figure out a simple exercise routine that could correct the damage done from sitting at a desk all day and encourage better posture. He suggested this four-part workout plan that can be done at home with minimal equipment. You don't have to hit the gym in 2016 to see results.

LGILMORE@REDEYETCHICAGO.COM | @LENNYGILMORE

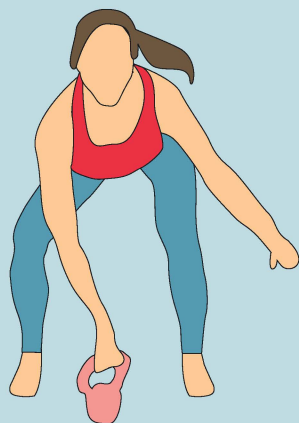


Hip thrusts

Lay on the floor with your knees bent and your feet planted about six inches from your sitz bones. Use your glutes (not your lower back) to raise your pelvis in the air. Lower down and repeat.

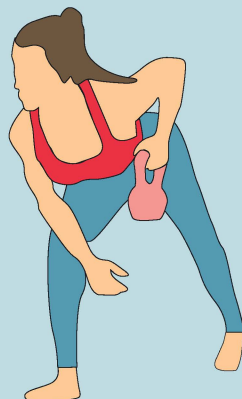
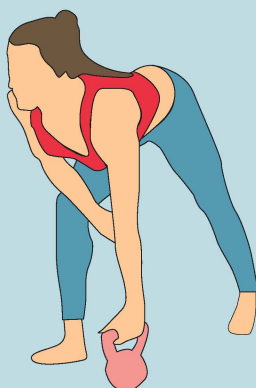
Clean press using a kettlebell or dumbbell

With your knees bent, pick up the weight with one hand and let it swing between your legs. While keeping your biceps against your side, straighten your legs and pull the weight up as if you're starting a lawn mower. Using an up-percut motion, allow the weight to end up between your forearm and biceps. Finally, press the weight straight up and lock your elbow. Slowly reverse the motion and let the weight drop into a swing without jerking your arm.



Rows using a kettlebell or dumbbell

Place a weight in front of your feet. Bend your knees and push your butt out before you begin. Lunge forward with your right foot and rest your right arm on your knee. Being careful to keep your back straight, grab the weight in your left hand and pull it straight to your stomach while retracting your shoulder blade. Lower and repeat, switching sides halfway through.



Stretches

There are an endless number of stretches you can do after any workout, but Costello recommends starting with squats, planks and reverse planks and yoga. Because you can do it all at home, he suggests using YouTube—Yoga with Adriene is one of his personal favorites—to help you get started.

Practice mindfulness

Costello's last bit of advice is to be mindful and increase your awareness of daily habits and how they affect the way you feel. Never take your health for granted, and remember that nutrition and exercise go hand in hand. Finally, as we head into the new year, look for ways to sit less throughout the day—even if it means standing up to get water every once in a while. Here's to a happier, healthier and less hunched-over 2016.

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new year, new you | podcasts



PODCASTS YOU SHOULD BE LISTENING TO IN 2016

By Morgan Olsen | *report*

Some would argue that 2014 was the year of the podcast. The first season of “Serial” debuted and popularized the storytelling format through the case of Adnan Syed, and suddenly, podcasts were the cool thing to do. But if you ask me, 2015 is a more accurate fit for the title.

This was the year we had to live without “Serial,” at least up until a few weeks ago when the second season premiered. Over the last 12 months, we were left to carry on without Sarah Koenig’s airy voice and Syed’s emotional phone calls. But during that time, something amazing happened. Earlier this

year, we learned something new. Whether you’re nerding out on tech updates, catching up on current events or practicing a new language on your lunch break, these audio files are jam-packed with information that can help educate and entertain. No matter what you want to be in the New Year—a better foodie, more informed voter, cooler friend or movie buff—there’s a podcast out there to show you the ropes. Here are our top recommendations for programs that will help you grow in 2016.

WOLSTENREDEVECHICAGO.COM | @MORGANOLSEN

BE A BETTER FOODIE	<p>The Sporkful: With the tagline “It’s not for foodies, it’s for eaters,” this weekly podcast is instantly approachable. Host Dan Pashman from Cooking Channel’s “You’re Eating It Wrong” helps answer important questions (i.e. are hot dogs sandwiches?) while incorporating stories from hungry people all over the world.</p>	<p>*Chewing the Fat: Food journalists Louisa Chu and Monica Eng chat cooking, dining, food culture and more on this weekly podcast from WBEZ Chicago. Though it’s no longer active, there are more than 80 episodes packed with local chef interviews, foodie trends and suggestions on where to eat in Chicago.</p>	<p>America’s Test Kitchen: If you’ve resolved to spend more time in the kitchen this year, this weekly program will inspire you with the help of experts, chefs and authors. From the secret to perfect whole wheat pancakes to investigating the American pork industry, there’s something for everyone.</p>
BE A BETTER BESTIE	<p>Call Your Girlfriend: Everyone has a long-distance bestie, and this podcast celebrates that relationship. Co-hosted by friends Ann Friedman and Aminatou Sow, the program covers just about everything: Drake’s turtlenecks, the Irish abortion rights campaign, “Master of None,” men-situation and more. It’s kind of like listening in on a phone call between faraway BFFs who are catching up.</p>	<p>*Friendshippings: Cards Against Humanity staffers Jenn and Trin cover all those weird friendship questions no one really prepares you for: Should I ask my friend why she unfollowed me on Twitter? Is it possible to travel in a group without wanting to kill everyone? Do I have to invite my quiet, sulky friend out with us? Plus, you can submit your own friendship qualms and hope for some hilariously awesome advice.</p>	<p>The Friendship Podcast: Dude friends BK and CJ talk friendship while also dabbling in pop culture, comics, music and video games. If you enjoy tangents and a good bromance, these two will keep you laughing all the way to work.</p>
DIVE INTO POP CULTURE	<p>The Read: Every week, New York transplants and hosts Kid Fury and Cristelle dig deep on hip-hop and pop culture’s biggest names (think TMZ with much more sass). With more than 100 episodes to choose from, you’ll want to subscribe for a weekly dose of shade and hilarious commentary.</p>	<p>Get Up on This: Like the title suggests, this podcast is devoted to catching you up on all the stuff you miss throughout the week. Consider it your guide to knowing a little bit about a lot: TV shows, music, movies, comedy, apps and more. Hosts Jensen Karp and Matthew Robinson chat with a different guest every week to get you up to speed.</p>	<p>*Alcohollywood: If movies and craft cocktails are two of your favorite things, you’ll want to join Clint and Jared as they invent drinking games for films and share cocktail recipes with listeners. New and old films are game, so expect everything from “Space Jam” to “Birdman.”</p>
STAY INFORMED	<p>NPR Hourly News Summary: Tired of getting your news updates via opinionated Facebook posts? We feel your pain. This quick five-minute podcast is updated hourly and covers the top news stories of the day as they develop. Plug in on your way to work, while grabbing lunch or on your way home for a digestible look at what’s happening around you.</p>	<p>Vox’s The Weeds: If 2016 is the year you want to become a more informed voter, this podcast will help you dive headfirst into Obamacare, climate change, inequality and the current presidential candidates. Vox’s Ezra Klein, Sarah Kliff and Matthew Yglesias discuss these issues and more with special guests who help break down the tough stuff.</p>	<p>Slate’s Political Gabfest: Launched in 2005 and updated weekly, Slate’s political podcast is hosted by Emily Bazelon, John Dickerson and David Plotz. The three chat current events such as Donald Trump’s proposal to ban Muslims from entering the U.S., Bowe Bergdahl and gun control laws.</p>
BE HAPPIER	<p>Mystery Show: Host Starlee Kine helps normal people solve extraordinary mysteries: How tall is Jake Gyllenhaal? Why was Britney Spears reading that book? Where did this crazy belt buckle come from? Along the way, she’ll make you laugh out loud and maybe shed a tear or two. It’s not humanly possible to walk away from these podcasts without feeling a littler happier.</p>	<p>Monday Morning Podcast: Comedian Bill Burr is here to make Mondays (and Thursdays) suck less. No matter what he’s rambling about—giant fish tanks, baby bumps, mortgages—these hour-ish long podcasts will keep you entertained on a long commute. We just can’t promise people won’t look at you when you’re laughing out loud on the bus.</p>	<p>*Hello from the Magic Tavern: Released earlier this year, this podcast follows the epic (and fictional) journey of Arnie, a guy who fell through a portal behind a Chicago Burger King. Don’t worry, he’s got podcasting gear and spotty Wi-Fi to bring you a new story from Foon every week.</p>

* = PODCASTS MADE WITH LOVE IN CHICAGO

HEY! WATCH IT!

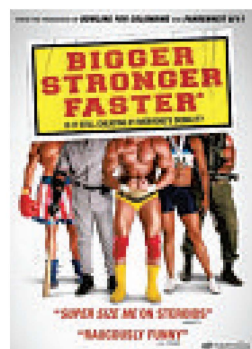
16 MOVIES TO STREAM ON NETFLIX

By Matt Pais | REDEYE

You've heard that movie's great. It's been in your Netflix queue forever. But just as you're about to press play, you're like, "Eh, I feel like re-watching 'Parks and Recreation.' I'll get to that other stuff another time."

Well, that time is now. These 16 currently streaming movies all came out in the past 10 years (so you're not actually challenging yourself to turn back the clock too far) and, while not necessarily unknown, all seem like they haven't been widely seen enough. If you've already gotten to any of 'em, cool. If you haven't, procrastination ends ... now!

MPAIS@REDEYECHICAGO.COM | @MATTPAIS



Bigger Stronger Faster

2008

A terrific documentary even if you never, ever, ever work out.



Frances Ha

2013

An absolute must for anyone who has ever been in their late 20s.



Me and You and Everyone We Know

2005

Miranda July needs to make more movies. She's so good at it.



The Guest

2014

This should have made Dan Stevens a star. He owns this movie.



In the Loop

2009

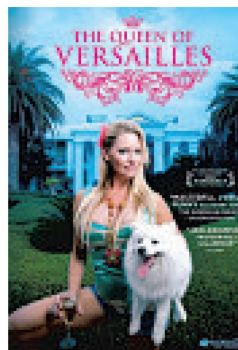
One of the millennium's best comedies, from the maker of "Veep."



Blue is the Warmest Color

2013

Yes, that three-hour French lesbian movie is also a 4-star, universal story of young love.



The Queen of Versailles

2012

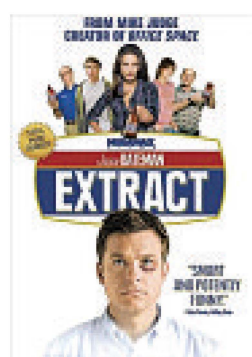
A tremendous, highly entertaining documentary about excess that works on more levels than this family's mansion has bathrooms.



The Diving Bell and the Butterfly

2007

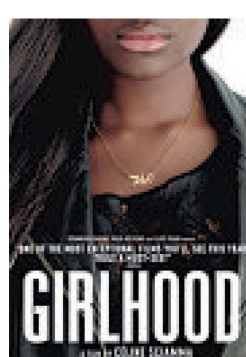
The true story of the Elle editor who only could communicate by blinking one of his eyes after suffering a stroke is life-affirming and unforgettable.



Extract

2009

With Jason Bateman, Mila Kunis, Ben Affleck and Kristen Wiig on board, I still can't believe Mike Judge's hilarious movie didn't catch on.



Girlhood

2015

The complicated reasons for adolescent decision-making couldn't be more relatable or confidently realized in this striking French drama.



Short Term 12

2013

Brie Larson's been sensational for a while, not just in "Room."



The Master

2012

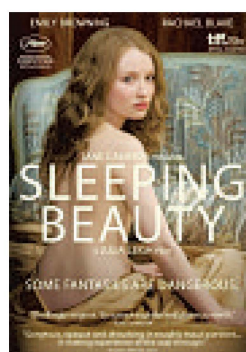
Set aside five hours after Paul Thomas Anderson's masterpiece, starring Joaquin Phoenix and Philip Seymour Hoffman. You'll need to think it over and talk it out.



The One I Love

2014

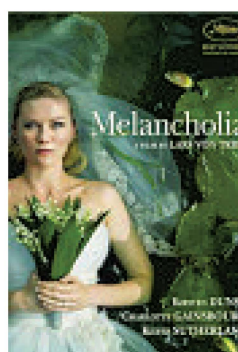
Mind-bending excellence with Mark Duplass and Elisabeth Moss. Commence having deep thoughts about relationships and identity.



Sleeping Beauty

2011

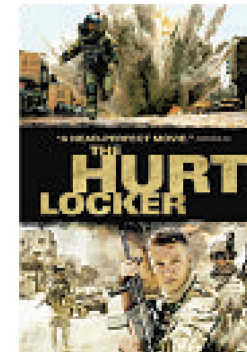
Strange, disturbing, fascinating and underrated.



Melancholia

2011

Not an easy watch, but Lars von Trier's take on depression and the apocalypse (starring Kirsten Dunst) is well worth it.



The Hurt Locker

2009

Before you knew who Jeremy Renner was, it won Best Picture despite being the anti-"Avatar." On that note: I'm also anti-"Avatar."

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SMALL SPACE, BIG IDEAS

By Morgan Olsen | REDEYE

Small-space living, aka most apartments in Chicago, has its pros and cons. Pro: There's not as much to clean. Con: There's not as much space for, uh, everything else. Before you bring one more piece of Craigslist-curated furniture into your home, consider what you have and how it works for (or against) you. Then ask yourself: Are there ways to do more with less? These apartment-friendly products work double duty to keep your space organized and comfortable. From a wall-mounted caddy for your bathroom to a seating solution that can be tucked away when your guests leave, here are eight ways to live big in 2016.

1 CHALKBOARD WALL PLANTER

\$144.95 at williams-sonoma.com

Plants are a great way to breathe life into your small space, but too many pots littered around your apartment can take up valuable real estate. This chalkboard-framed planter holds 10 green friends, and hey, a wall of fresh herbs in your kitchen won't take up counter space.

2 WOODEN MOUNTED WALL CADDY

\$74 at uncommongoods.com

It's not a good sign if your toothbrush and cotton balls are duking it out for space on the bathroom counter. This wall-mounted caddy with fun Mason jar containers will keep all your bathroom necessities separate and happy.

3 3-SHELF WOODEN GAVIN ROLLING CART

\$129.99 at [World Market locations](http://WorldMarket.com)

Everyone has a problem area, that one room that never seems to have enough

storage space. Whether it's your office, living room or kitchen, this three-tiered rolling cart is a storage solution made for studio living. Consider using it to stash towels, files, pantry items or your collection of booze and bar supplies.

4 HOFTA

\$2.99 at [Ikea locations](http://Ikea.com)

If your dresser drawers are crammed with mismatched socks, undies and T-shirts you haven't worn in a decade, consider these customizable dividers. After cutting them to the appropriate length,

section off your drawers and maybe even save yourself some time in the morning.

5 NEON DIAMOND WOOL POUF

\$99-\$199 at [West Elm locations](http://WestElm.com)

If you have a tiny loveseat, two kitchen chairs and zero room for guests, having friends over can be a massive headache. Poufs, basically big pillows for your floor, offer temporary seating and can be tucked away in a closet when you need more floor space. Plus, saying "pouf" is really fun.

6 WALL WINE BAR

\$289.99 at uncommongoods.com

So, you've always wanted a bar cart but can't find room in your apartment? This space-saving solution can hold six bottles of wine, six glasses, a towel, your favorite cocktail book and more.

7 CABLEDROP CORD CLIPS

\$9.99 at [Container Store locations](http://ContainerStore.com)

If your workspace is being taken over by a jungle of cords, these clips can help

tame the madness. Available in packs of six, stick them just about anywhere you need cord control.

8 FRIDGE MONKEY

\$6.99 at [Container Store locations](http://ContainerStore.com)

When your fridge is constantly stocked with LaCroix, it can be hard to find room for those Chinese leftovers. This clever product is designed to stack bottles and cans, leaving lots of open space for everything else.

MCOLSEN@REDEYETCHICAGO.COM
@MORGANCOLSEN

RIDE CTA FREE NEW YEAR'S EVE

10 P.M.-4 A.M. #ITSMILLERTIME

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YEAR
WITH A
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Various scenes from a five-city trip to India. HEATHER SCHROERING/REDEYE

ADVENTURING FOR FRESH PERSPECTIVES

By Heather Schroering | REDEYE

A room with a view can be life-changing, depending on the room and the view. While a beachfront hotel balcony can be a serene break from city living, that's about all it offers. It was a dimly lit bedroom in a lusterless neighborhood in Jaipur, India, that gave me a better perspective on life than any beach ever could.

"Relaxing" is the last word I'd use to sum up my trip to India earlier this month. Despite the sparkling Arabian Sea providing a backdrop to my former roommate's absolutely mesmerizing beach wedding in Goa, this vacation wasn't one to kick back and laze about. While such getaways sound appealing, I find that type of travel very limiting.

I spent 11 days in India and visited five cities. There's nothing relaxing about being a minority in a country with little infrastructure, a stark gap between wealth and poverty and a population of 1.2 billion people. But there's certainly plenty of adventure. India is truly an experience for all of the senses. From the vibrant colors of food, clothes and nature to the relentless noise pollution to curious locals' natural inclination to barrage anyone with questions, it is, in the simplest terms, overstimulating in the best possible way.

The locals' accommodating nature puts

the Southern hospitality I grew up with to shame. On a hunt for a less touristy experience in Mumbai, I asked for suggestions from a photographer I found on Instagram.

He offered to spend the entire day with us and took us to places he'd photographed many times but we never would have felt comfortable wandering into ourselves. We walked through an indoor wholesale market where young boys peeled mountains of garlic for restaurants and men sat in heaps of orange and white flowers, stringing garland for wedding season. We visited a clandestine step pond, tucked away behind a block of houses and temples, that's significant in Hindu mythology. We were out for 10 hours with a complete stranger and it never felt like he expected anything in return.

We hired a driver in Jaipur who spoke little

English but said over and over, "If you're happy, I'm happy." We finished sightseeing early the first day, and rather than going back to our hotel, we went to his two-room home,

where his wife and sister decorated us with henna. For two hours we sat with them on a bed while they drew elaborate lines and flowers on our arms and chattered to each other in Hindi. We were total strangers who couldn't understand a word each other said, but they insisted it was a gift. We also insisted on tipping them, no matter how much they refused.

Karma is a word we often throw around when we do someone a favor and expect something in return or when something unfortunate happens to our enemies. But in India, it's a way of life. In our self-serving culture, everything is measured

We all need a trip that challenges our comfort zones. Go somewhere you can't relax. Talk to strangers, ask questions and answer their questions. ... I challenge you to go on an adventure.

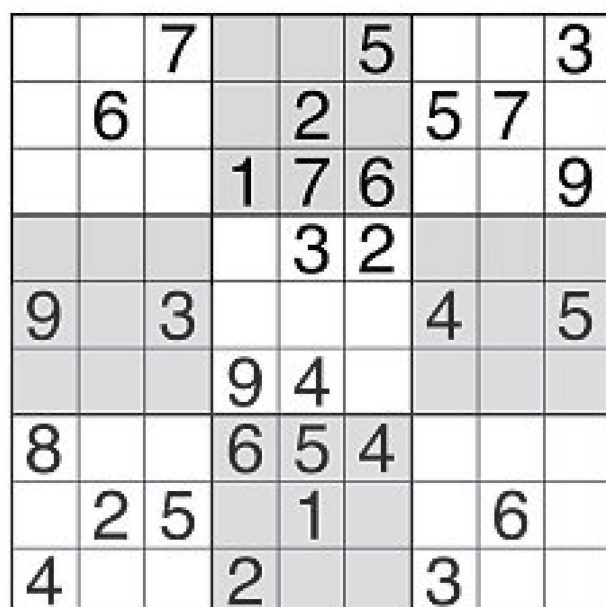
monetarily. Everything, even time, is money. So it's no surprise that we found it shocking when people we'd never met before offered their valuable time and services for little immediate gain.

While I thought I didn't place as much value on money as others, I guess I'm just as guilty as the next. You can't learn about yourself unless you learn about others. My trip was only a bite-sized glimpse into a culture that was almost totally foreign to me, but travel provides those little moments that break down big perspectives for you.

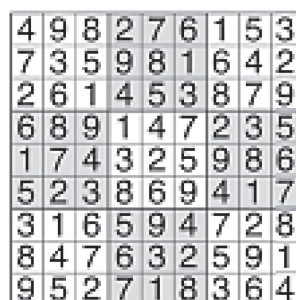
We all need a trip that challenges our comfort zones. Go somewhere you can't relax. Talk to strangers, ask questions and answer their questions. For some of us, that trip is just a train ride away; for others, it means taking your pants off on a mountain or snuggling with a yeti (but maybe don't do that last one). In 2016, I challenge you to go on an adventure—near or far—that's exhausting and wonderful and majestic, so that when you return, you can look at your life from new angles and know you really did something for yourself.

HEATHER SCHROERING IS REDEYE'S NIGHTLIFE REPORTER. SHE HAS NEVER SNUGGLED A YETI.

HSCHROERING@REDEYECICAGO.COM | @OHITSHEATHER



DIFFICULTY RATING: ★★★★★



WEDNESDAY'S SOLUTIONS

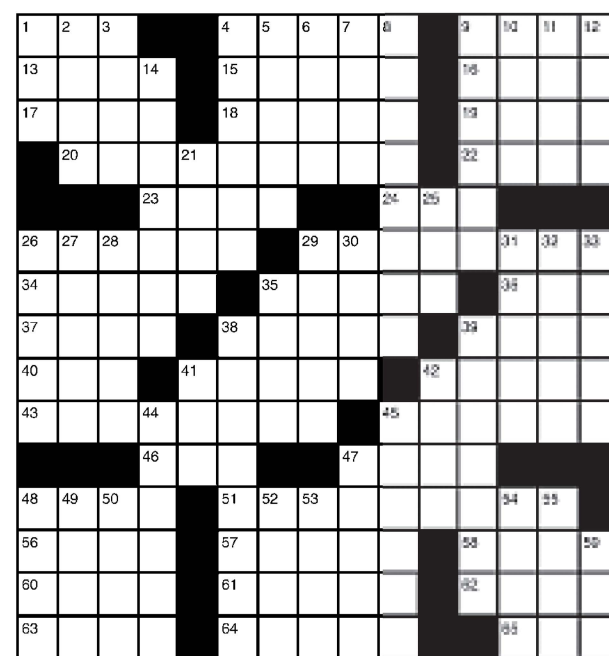


ACROSS

- 1 That girl
- 4 Locality
- 9 Alda TV series
- 13 Currier and _; printmakers
- 15 Of the kidneys
- 16 Reverberate
- 17 Window glass
- 18 Set free
- 19 Gangster
- 20 Leaving high and dry
- 22 Laying birds
- 23 Pennsylvania and Fifth; abbr.
- 24 Not long _; recently
- 26 Idiotic
- 29 Traitor Arnold
- 34 Ready for battle
- 35 Stretch of land
- 36 Argument
- 37 Pokes
- 38 Hotel booking for a large family, perhaps
- 39 Hurricane wind
- 40 Part of a royal flush
- 41 Bumpkins
- 42 Ms. Midler
- 43 Scarf
- 45 Most rational
- 46 Scorching
- 47 Actor Wilder
- 48 " _ long way to Tipperary..."
- 51 First to attack
- 56 Hairdo
- 57 Blossom
- 58 Family restaurant
- 60 Qualified
- 61 Depart
- 62 Storage tower
- 63 Trawlers' gear
- 64 Finished
- 65 Ancient

DOWN

- 1 Stylish
- 2 Perón & Gabor
- 3 Monthly expense
- 4 Trimmed, as branches
- 5 Loans



- 6 One opposed
- 7 Actor Dean _
- 8 Dignity; grace
- 9 Way of doing things
- 10 Prolonged pain
- 11 Give the cold shoulder to
- 12 Swine
- 14 Mexican shawls
- 21 Eager
- 25 Acquire
- 26 TV emcee Pat
- 27 Tiny & barely detectable
- 28 Yellowish brown
- 29 Short
- 30 Dines
- 31 Angry
- 32 Young horses
- 33 Twitter post
- 35 Toothpaste container
- 38 Appropriate
- 39 First book of the Bible
- 41 Sorority letter
- 42 Prohibits
- 44 Rubs enough to make sore
- 45 _ like; appeared to be
- 47 Orchard
- 48 " _ See Clearly Now"
- 49 Bride _; fiancée
- 50 Gritty residue
- 52 Narrow valley
- 53 Spur on
- 54 Cincinnati, _
- 55 Bread tray item
- 59 Pea casing



curiosity.com

A REDEYE EDITORIAL PARTNER

BRAIN CANDY

- » When you sleep on your side, the nostril closest to the bed will swell and you'll breathe out of the other one.
- » Most bees are actually solitary—they live on their own, not in social hives.
- » Large quantities of pistachios will easily spontaneously combust.
- » Scooby-Doo's name was originally "Too Much."
- » An interrobang is the combination of a question mark and exclamation point.

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READ MY LIPS

10 BEST NEW LIP PRODUCTS FOR 2016

By Aly Morris and Morgan Olsen | REDEYE

If it's a new look you're after in 2016, why not put your best lip forward? We rounded up our favorite new products—from rich protective balms to color-packed lipsticks—that will help you shine all year.

1 DRUNK ELEPHANT LIPPE
\$22 at drunkelephant.com
Prevent collagen breakdown and repair the effects of UV exposure with this soft fragrance-free balm that increases lip moisture and adds a playful plump to perfect your first kiss of 2016.

2 KARI GRAN LIP WHIP
\$15-\$20 at karigran.com
With just seven ingredients, this glossy moisturizing balm helps soothe dry lips. It's also available in pigmented versions (including our personal favorite, Jolene, pictured above) for a perfect touch of

hydrating color.

3 BITE BEAUTY LUMINOUS CREME LIPSTICK IN BELLINI
\$24 at *Sephora* locations
Organic fruit butters help create the non-drying pigment that glides on lips for a fabulous texture and pop of color.

4 MARVELOUS MOXIE LIPSTICK
\$18 at bareescentuals.com
This soft lipstick adds a super-saturated pop of color that boasts incredible staying power so you won't have to reapply all day. Plus, vitamins

help deliver antioxidant defense that will make you want to collect all 18 shades.

5 SEPHORA + PANTONE UNIVERSE COLOR OF THE YEAR LAYER LIPSTICK IN ROSE QUARTZ
\$18 at *Sephora* locations
Ring in the New Year with Pantone's color of the year lipstick, but take note that it's meant to be a layering product. Combine it with your existing lipsticks to give a boost of color or create a playful ombre look.

6 GLAMGLOW POUTMUD WET LIP BALM TREATMENT
\$24 at *Sephora* locations
Made without petroleum, this insanely soft balm is infused with almond oil, cocoa butter, kombucha extract, mint leaf and more to heal those chapped lips while you sleep.

7 PIXI MATTE-LUSTRE LIPSTICK IN HONEY BARE
\$12 at pixibeauty.com
This warm nude shade completes a barely-there weekend look. Plus, it has a slight plumping effect to make your lips look full without the fire ant feelings.

8 SUPERGOOP! FUSION LIP BALM WITH SPF
\$8.50 at supergoop.com
Though sunshine isn't always guaranteed this time of year, it's still important to wear SPF daily—especially if you're venturing outdoors. Available in mint and acai flavors, this balm is designed to lock in moisture while protecting your lips from the elements.

9 TARTE LIPSURGENCE POWER PIGMENT
\$24 at *Ulta* locations
The twist-up pencil makes it easy to coat every nook and cranny of your lips without a

mirror. And with a bearable amount of shimmer, it's an ideal way to spruce up your look after work.

10 LIPSTICK QUEEN SAINT LIPSTICK IN BRIGHT ROSE
\$24 at lipstickqueen.com
Not ready for Taylor Swift-style red lips? This neon rosy hue deposits a hint of color that's not too intense. Perfect for snooching, eating or sipping (or all three).

ALYMORRIS@REDEYETCHICAGO.COM
@ALYSON_MORRIS
MCOLESEN@REDEYETCHICAGO.COM
@MORGANCOLESEN